



AGAWAM HIGH SCHOOL MIRROR

Volume 59, Number 2

"A Reflection of the Times"

Http://www.highwired.net/agawam

November 2000

42nd President still a mystery

by Jenna Shea '02

As we all know, the 2000 Presidential Election was held on Tuesday, the 7th of November.

I wish I could declare our new president, however, as of this week (the week of elections) we do not know who will be the 42nd President of the United States. It all relies on the Electoral College. In the Electoral College, each candidate will need to gain 270 electoral votes in order to win the election. And as of right now, Gore has 260 votes and Bush has 246 votes.

I'm sure we all have clicked through the tv channels, read the newspaper, and listened to the radio enough to know that the state of Florida has the deciding vote as to who will be the next president-Bush or Gore. The state of Florida has 25 Electoral votes, therefore whoever gains that state, wins Presidency.



"So, who are you voting for, Tiff?" Senior Tiffany Blackman votes for the first time in the 2000 election. Photo by Danielle Bachini '01.

As reported on the local news station, the elections in Florida were "too close to call". Therefore they are having a recount in Florida. That is why the elections are being drawn out for so long. Also, they are waiting for the absentee votes to come in through the mail. So until then we can only wait and wonder.

On a lighter note, as we all know, the legal starting age to vote is 18. Therefore, this election was the first time many of our seniors were able to vote.

I think this is an election many will remember for the rest of their lives. This was only the second time this incident has occurred in history, including the "Dewey defeats Truman" incident. So to those seniors, congratulations for what may be the most memorable voting election of your lives. You were a part of history!

The white slip policy

by Sarah Hamel '02

We all know that you have to be on time to school. That reason is if your tardy six times, you get an internal suspension. And those are no fun at all. But as we sat in first period a few weeks ago, Mr. Cavallo made an announcement that struck fear in the hearts of the student body. He instituted "The White Slip Policy". This policy stated that every time a student was tardy to a class, he or she would receive a white slip. This signified that the student also received an internal.

The policy was short lived though. Mr. Cavallo's fellow administrators, Ms. McSweeney and Mrs. Conte had a difficult time keeping up with the over flow of tardy students and sat Mr. Cavallo down for a talk. After that, the "White Slip Policy" was modified. The new and improved policy stated that after you are tardy to a class six times, you then receive a white slip. (Sound familiar?) It is very similar to the "Tardy to School Policy". Both policies start back at one after you get your sixth one.

"I know it's hard to get to class on time," Mr. Cavallo sympathizes. "We just can't afford to have kids being one, one and a half minutes late to class." He realizes there is not enough passing time, but unfortunately, he is restricted by law and must have so many minutes of learning.

There are other problems that prohibit us from making it to our classes on time. Not only is there a significant lack of passing time, but, in case you haven't noticed, our corridors are really narrow. Especially in the new wing. At the end of the period, thirty students from each class pour out into the hallway. That's a lot of people to push through.

Another problem is those darn doors in the English and Languages wing. Mr. Cavallo realized this and tried to get those doors removed. He was unsuccessful though. In the case of a fire, those doors create a

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Bathroom bibles

by Sarah Hamel '02

The United States had always been known for practicing religious tolerance, or giving people the freedom of religion. These days, you find different religion's everywhere. But would you expect to find it in the girl's bathroom at our own Agawam High School?

A few weeks ago, we girls who used the bathroom got a little surprise. Bathroom stalls were plastered with photocopied papers promising that we'd be saved. These little black and white papers were filled up with quotes from the bible. Those who read them learned about sin and how God loved the world so much. Some of the students who read this were truly offended, others were glad that someone decided to

take a stand in school. "People think that we are showing off by doing things like this," said one student. "Not everyone has to agree with us, but they do have to respect what we believe."

That statement cuts both ways. Some students, as well as much of the population, choose not to have a certain religion. The small "Bathroom Bible" offended many of these students. "If we chose not to have a religion, those who do shouldn't impress theirs on us," said one girl. Another student believes it is "dumb to post stuff" because reading something and believing

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Mack lays the s"Mack" Down!!

by Mackenzie Collins, age 6
(c/o 2013; currently in 1st grade)

Recently our Journalism class has been graced with the presence of Mackenzie Collins or should I say future all-star baseball player. Here is a story that Mackenzie himself wrote with his typist Aimee Piccin about his day here at the Agawam High School.

I know this school is so cool. It even has lockers and the teachers liked my flag atlas. They even liked my costume. I even liked the kids. I know all the presidents. I liked the journalism classroom and the gym and the science, math and Jen's class. I like this school better than James Clark. The kids were very, very tall and I couldn't see Jen. Mr. O'Brien thinks I know everything the presidents and flags and math and science and homework. I liked the party and they gave me an award. Home run Hitter was the award I won. I liked the award. I am going to be a baseball player when I grow up. I like sports. I like the Cape and my favorite spot is Provincetown and Brewster. My favorite baseball player is Nomar Garciaparra. His number is 5. I like these desks. I got a home run hit in gym. I like the New England states and my favorite



Maybe he'll one day lead the Red Sox to a World Series victory!!!

states in New England are Massachusetts and Connecticut, Rhode Island, Vermont and New Hampshire. And my favorite classroom is this one. Is the journal one. And this town is the number one town in Massachusetts.

Editorial...

Dear AHS:

Well here it is already...the second edition of the 2000-2001 MIRROR. The staff had to work extra hard this issue because of an extremely short deadline. Because you are reading this paper before the Thanksgiving break, you know that the staff gave it 110% in order to get this thing out on time...Good Job Girls and three Guys!

The News Staff really had their hands full this time around. Interviews had to be done immediately and they had a lot of running around to do to find out all the facts. But because of their dedication to all of you, you can read about the progress of the courtyard and also about some pretty weird stuff that has been taking place in the bathrooms.

Feature decided that it was about time the MIRROR dedicated most of the paper to an issue that affects each and every one of us in this school: Stress. Read about what you can do to try to control it and things you can avoid doing in order to prevent it.

The Entertainment Staff gives you plenty of possible things that you can do this month. They tell you which movies to see and which ones not to...be sure to read up on those. Also, there are many new and old events taking place at our own high school...make sure you don't miss out on those.

Since most of the seasons for the fall athletes are coming to a close, sports wrapped up everyone's season. See what the final records were and who is moving on to the tournaments.

If you have any questions or comments, feel free to drop them in Mr. O'Brien's mailbox or address them to:

The MIRROR
C/O Agawam High School
760 Cooper St.
Agawam MA 01001

Also do not forget that if you have any problems and need a little advice anonymously, drop your question in the "Ask Aly" box and she will do everything she can to help you out.

Well that is about it for now. Enjoy your especially long Thanksgiving break and we will see you again in December.

Corinne Butova
Editor-in-Chief

Thank you, Mr. DeVecchi!

The MIRROR staff would like to thank Mr. John DeVecchi, a 1967 graduate of Agawam High School. He donated \$157.31 to the MIRROR on behalf of the Class of 1936, of which his father was a member.

Thanks again!

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chamber to trap the flames and smoke. So, instead of having them ripped out, Mr. Cavallo had them fixed so they will stay open. No more getting wailed with doors en-route to English!

Another huge problem is all the people who are stopped in the hallways that you are forced to dodge. Mr. Cavallo advises students not to stop at their locker during passing. Get all your materials that you will need for you classes at the beginning of the day. Then at lunch time, unload those and grab what you need for your after lunch classes. Also avoid the temptation to make out with your special someone or congregating in the middle of the hallway to gossip. This will not only get you to class on time, but it will help the rest of us move easier through the narrow hallways of Agawam High School.

To the Editor:

While we acknowledge that Ms. Bishop's article, "PMS: Guys Beware," was an attempt at humor and advice, we felt that some points need to be addressed. The article contains too many remarks that are disturbing and that oversimplify a more involved problem.

For some women, PMS can be an extremely complex medical condition that holds no humor for its sufferers. We would not parody the plight of the mentally ill or a cancer patient. Also, to equate any menstrual symptom to life in a POW camp is neither funny nor accurate. Furthermore, not every woman suffers from PMS. In fact, many do not. To imply that a woman's anger or any emotional reaction is based solely on her hormonal cycle cannot be medically supported and borders on the irresponsible. Most importantly, such an implication minimizes the fact that women have every right to be angry in appropriate circumstances, just as men do. We do not equate a male outburst to an uncontrollable surge of hormones.

Why do we as a society feel the need to perpetuate the stereotype of women as the weaker of the

species? In today's society, women - especially young, adolescent women - have every right to be angry. And they should be angry with what the various media are trying to sell them about their own identities and power. Many young girls are buying into the idea of victimhood, the weaker sex, the object. Stating that boyfriends should "pop a couple of pills into their (sic) mouths" implies that women cannot take care of themselves. It perpetuates the male power structure. Young women have lost sight of and taken for granted the freedoms and privileges that their mothers and grandmothers won for them.

We applaud students for writing articles and accept that this particular piece was intended to entertain. However, we want to remind staff writers of their responsibilities to report with accuracy and thought.

Nancy T. Kundl

Mary Ellen Bruce

Tamara J. Watson

To Ms. Kundl, Ms. Bruce, and Ms. Watson:

To equate the "complex medical condition" of PMS to a terminal illness, such as cancer, is slightly ludicrous. Every girl from the ages of 11-15 reaches puberty. Upon reaching this milestone, they start menstruating. Every girl goes through it and, at one time or another, they experience the symptoms of PMS. Whether they experience moderate or extreme conditions, is up to heredity and genetics. Cancer, on the other hand, does not affect nearly as many people and is a much more severe medical condition.

PMS does not force women to submit to the "male power structure." If anything, it challenges the dominance that men have obtained throughout generations. Moods swings can do wonders for putting a pushy man in his place. There is no reason that PMS

should demote women as the weaker of the species. It is not possible. Only women menstruate and, therefore, only women can experience PMS. If PMS signifies that women are weaker, then what about the fact that only men can get prostate cancer, color blindness, and hemophilia? Does that mean that men are now the weaker species because of those deficiencies?

I realize that not all of a woman's anger comes from a torrent of hormones for a week out of every month, yet ask most females and they will tell you, the reason they're crying over a spilled glass of water and the answer will most likely be, "I have PMS."

Jenn Bishop, Mirror columnist

Be thankful for the good things you have

by Aimee Piccin '01
Co-Entertainment Editor

You never realize how important something is until it's not there. For example, you don't realize how many times you move your head in a day until you wake up with a stiff neck and every five seconds you find yourself saying ouch because you try to move it.

With Thanksgiving around the corner, I begin to realize how thankful I should be for the things I have in my life. A lot of times we take for granted the little things in life.

This time of year, is a good time to stop and appreciate all the gifts we have and how lucky we all are to

be blessed with even the simplest things like the air in our lungs. I know at times it is so hard to be appreciative of things we just expect to always be there, but at any moment we could lose those.

Family, friends, health, and love are just a few examples of things we need to cherish and be thankful for. As Joni Mitchell once said, "You don't know what ya got till it's gone." So this year before you devour that turkey, stop and think of all the simple, good things in your life. Take time to recognize the little things that mean so much.

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in something are two totally different things. But does religion belong in school at all?

The girl's bathroom is truly an odd place to find religion. Especially since considering we are a public school. Religion in a public school is a violation of the separation of church and state. This rule states that students have the right to pray individually or in groups or to discuss their religion with their friends as long as they don't disrupt anyone. In the classroom, students have the right to pray quietly except when they have to be paying attention. This doesn't mean though, that they have the right to make other's listen or participate. It also states that students can give out religious material to their schoolmates. But it does not give outsiders the right to come into school and give out religious material. (But don't worry about that happening, we have the "oorbells," no one's getting in AHS!)

In order for a student to post something legally within the schools, it must first be checked out by Deputy Superintendent, Mr. Charest. What he decides can be posted must be non-profit, school related and or town related. After it gets Charest's OK, it has to be approved by Mr. Cavallo. Once he's given his go ahead, the person is free to put up their announcement.

But for all of us, who were offended by the stall scriptures, consider this. "I was just thinking, people write nasty stuff on the bathroom walls, and I'm forced to read it. I figured, why not put something good up on the bathroom walls to read." Although the student realizes now that it was wrong to post religious material, no harm was meant.

It is important to keep an open mind and respect other people's beliefs. You may not agree with some people's views and they may not agree with yours, but we are all different and that's what makes life interesting.

Thanksgiving: A lost holiday

by Jenna Shea '02

It's been a tradition that has bothered me for years. It boggles my mind, gets under my skin and just rubs me the wrong way. I must ask myself why Thanksgiving is a lost holiday. The public and the media seem to brush off Thanksgiving as though it's just another day. They go straight from Halloween to Christmas. They call it the holiday season, yet they only focus in on one holiday. Why?

I'm sure we all have noticed in the department stores and in the grocery stores, after the 31st of October, the pumpkins and witches go away and the ornaments, holly and Santas come out. But not once have I ever seen a pilgrim's hat, cornucopia, or even a simple turkey decoration out on those store shelves. Have they forgotten about the significance of the holiday? Sure, it may not be the holiday where you get candy or gifts, but it is still a holiday that should be recognized just as much as the others. Would it hurt them to just once put some Thanksgiving decorations out, or advertise about the holiday or even just give it some recognition?

I believe Thanksgiving is one of the most significant holidays there is. It's the holiday that has united our country and was first celebrated in early colonial times in New England. It's actual origin is of the harvest festivals that are traditional in many parts of the world. After the first harvest was completed by the Plymouth colonists in 1621, the governor proclaimed a day of thanksgiving and prayer, shared by all the colonists and neighboring Indians. It may not be the most exciting holidays, however it is our country's history and it has been around for centuries. Although it is celebrated by most, it should be recognized more than it is.

If you were to ask 100 people what their favorite holiday is, seventy-five percent would say Christmas. Most of them like it for the simple reason that we get gifts, while others would say it's the holiday spirits that they enjoy. It's understandable as to why people would say this. But why is it the receiving of gifts or candy that people enjoy the most?

I must admit that for most of my life I enjoyed Christmas the best, however these last two years have proven to me that it's Thanksgiving that is now at the top of my holiday list. I love the atmosphere of this holiday when it comes to my house. I believe the reason for that is because of how it reunites my family together after months of not seeing one another. Although I see them at Christmas, Thanksgiving seems to be less chaotic and more relaxing. It has more time to enjoy the day with your family. Thanksgiving has always been a tradition in my family. Going to someone's house, watching the football games, playing basketball outside and of course, chowing down on the enormous feast that is intertwined with Thanksgiving. Perhaps this holiday is one that you enjoy more when you get older, who knows?

I guess it's just the fact that Thanksgiving landed in between the two most popular holidays that makes it seem as though Thanksgiving is a lost holiday. Maybe in the near future, there will be more Thanksgiving decorations on those store shelves. And perhaps that might help raise the "Thanksgiving spirits."

* * *

If you have an idea for a possible story in a future edition of the MIRROR, please drop a letter in Mr. O'Brien's mailbox or mail it to: The MIRROR, C/O Agawam High School 760 Cooper St. Agawam MA 01001

Bye! Bye! Bye!

by Alyson Nowell '02

You don't have to have your period. That's it you heard right girls. That little monthly "joy" is just yet another thing that we do not have to deal with. As I was brushing up on my "Cosmo" a very interesting article caught my eye. It was entitled "Kiss your period good-bye". Because I am a teenage girl, it got my attention. I wondered what fabulous new drug was invented so women all around the world would not have to deal with that monthly nuisance, year in and year out. The answer was short and simple, birth control.

Yes, at first I was just as confused as you are. Birth control ... isn't that used to make it so your period is regular and prevent you from becoming pregnant? Well it does a lot more than that. This lovely little drug can be used to completely stop women from having their periods.

The active use of birth-control pills continuously, going from packet to packet and skipping the week's worth of placebos, can put your period on an indefinite hiatus. I don't know about you but if I don't have to deal with painful cramps, headaches, and bloating every month, I would sure love to give it a shot.

Through much medical research, it has been said that it actually may be unhealthy for women to get their period 12 times a year (there are a lot of nitty gritty details as to why, but if you want to find out pick up a copy of "Cosmo"). Most doctors just don't broadcast this information to their patients because FDA has yet to approve oral contraceptives for that purpose.

Now although most women would probably love to not have to deal with our little "friend" that comes once a month, many are probably against it. Many people were shocked and outraged when the birth control pill came out. Now women can use it to stop their periods. I'm sure this would cause much controversy in our country.

For hundreds of years women have had to deal with getting their period and the awful symptoms that go along with it. Now something has come along to help control it. By doing this method, PMS symptoms are practically non-existent. I know I would love this fabulous new way of living. But you can be the judge when it comes to your body. It is your decision and your life. With this, we can now have a little more control over it.

The long haul

by Danielle Bachini '01

As the first term winds to a close, all I can think is ... when will this finally be over?

Even though the term itself is more than two months long, it seems as if only the last weeks matter. It is during these two weeks that it seems like more work than we even did in the previous two months is being thrown at us. That last week is just way too stressful. Let's see ... seven chapters to read, two huge tests, one term paper, a college essay, lab report, MIRROR deadline, and a partridge in a pear tree. All in one week!

Yes, I know that for most of those assignments I was given ample time to complete them, but I (like many of you) am a procrastinator. Why do today what you can put off till tomorrow? Besides, with work and field hockey, I just didn't have time to get it out of the way earlier. I'm sure many of you feel the same way.

For many students, especially seniors, this time of the year is full of stress. For all of my fellow seniors out there, I'm sure you're finding the college "process" just as fun as I am. With all this stress, who can even think about regular old school work? Unfortunately, it becomes a second priority to figuring out your future, when in reality the school that accepts you, accepts you based on how well you are doing in school right now. Does any of this make sense?

Anyway, to all the teachers that may be reading this, please do us all a favor and don't kill us that last week when second term rolls around. Think of it this way; it's less correcting you'll have to do.

Seriously stupid superstitions?

by Corinne Butova '01
Editor-in-chief

All my life, I have always been a bit on the superstitious side. For as long as I can remember, I have unconsciously made it a necessity to knock on wood every time I had made some positive comment about my life or the life of another in order to avoid this once positive item to take a sudden turn for the worst. Avoiding walking under ladders and also throwing salt over my shoulder just make the possibility of something going extremely wrong seem almost impossible.

Lately, there have been some events that have caused me to be even more cautious about upsetting whoever or whatever it is that could cause my life to take a serious downfall. Recently, I had a bad dream that has made me think my life is doomed. I collapsed in this dream on the third floor staircase and could not move or breathe or even scream for help and I was just left there alone suffering. The next day, on the way to SAT's no less, I hit a squirrel. Then the rest of the week, I have seen the number 666 everywhere...on car license plates, street addresses, and in answers to problems in calculus and physics.

I have resorted to actually pulling my car over in the middle of the street and jumping out just to sprint to a nearby tree or mailbox in order to knock on wood to save myself. My head used to be a reliable substitute for the wood but now real, hard wood is necessary.

Sometimes if I am having a bad day, I am convinced that finding a penny heads up will fix all of my problems. So do not be disturbed if you find me rummaging through the gravel or crawling on my hands and knees in some field.

Most of my friends think it is crazy to think that a day's event could be changed by a piece of wood or some salt but may be it is not as stupid as they think. I honestly do feel a sense of relief in the pit of my stomach when I feel my knuckles knocking on the bark of a oak tree. When I see a penny heads up, I keep it on me all day as if it will protect me.

Honestly, I do not even know what I am afraid of. Is it a person? Is it some supernatural force? It is probably just my mind playing tricks on me and forcing me to believe that these little rituals really do change the course of things or prevent bad things from happening. I guess these superstitions have become habits and I probably will never be able to free myself from doing them, no matter how much it annoys my friends.

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News...

Due in the spring: a brand new courtyard!

by Al Santaniello '03

The Courtyard, to many students, is just an outside passage way from one part of school to another. Not many students realize the efforts and work that has been put into the Courtyard that will make it a great success.

Working mostly everyday after school, Mrs. Pittenger, a 10th grade science teacher, is there pulling weeds, planting plants, and shoveling the ground. She has been the "man" well "women" in her case, of the courtyard.

The Courtyard will be used for many things. "Classes such as English, Art, Foreign Languages, or Studies may hold their classes outside and use the courtyard as a subject to essays, poems too" she had told me. "It also serves the purpose of a peaceful place where students can relax and distress" she later added.

When I had went to students on how they feel about the courtyard, I had heard different results. "I feel that the Courtyard can act as a social area for students, before or after school," says Sophomore, Kate Horniak. "We feel that the improvements of the



Courtyard looking a little greener. Photo by Lisa Niedziela '01.

Courtyard make the school environment a little less jail like," says two Sophomores Cori Verteramo and Andrea Babbin. Dave Biena, a student, said, "I think I'll use it after school when I have to wait to go to practice." Another student had said, "There are many great uses for the courtyard, it's great and will make the school look better."

On the other hand, there are students who do not like the idea of it. "I don't see the point of the Courtyard, there is never any time to go out there," says Freshman, Erinn Gormley. "I think it's nice that the school wants to fix it up but I don't understand what it is needed for," says Stacy Boisjolie.

In the new Courtyard, Mrs. Pittenger plans to put many new wildlife to brighten up the place. "We plan

on attracting birds with bird feeders and bird baths. We are also going to have fish for the pond," she said.

The Courtyard had started last year in the spring-time. Mrs. Pittenger along with Mr. Olsen, everyone knows him as "Coach O", have been giving kids extra credit to help out on working in the Courtyard.

"Students have been the primary work force behind this project," says Mrs. Pittenger.

So when you need time to yourself, or if your class goes outside, remember who has been working hard to give you more space and freedom. If you decide you would like to help out Mrs. Pittenger, go see her, talk to her in Room 57, and sign up to help out at the New Courtyard.



Mrs. Brown, cursed with bad luck? Photo by Lisa Niedziela '01.

Brown "hit" with bad luck

by Joanna Surowiec '01

No matter what one may try to avoid having a bad day or maybe even a bad week. But how do people deal with having a bad year.

It all started last year when Mrs. Brown, an English teacher at Agawam High School, left on vacation during the summer. When she returned from her trip her home was broken into and robbed. AS bad as that sounds it get worse. A month ago her home was subject to the vandalism of some delinquents that egged her front door, which entailed Mrs. Brown to clean it with "soft scrub" and a toothbrush for days. But wait, it gets worse. The night before Halloween, an egg was thrown through the picture window of Mrs. Brown's home. Not only in this going to cost Mrs. Brown big money but the window actually has a hole in it from the intensity of the throw. This all gives Mrs. Brown second thoughts on ever leaving her home. The following day, Mrs. Brown came into frequent encounters with ink all over her clothes and as soon as she changes her shirt she was covered in ink again. Not to mention the next day, Mrs. Brown is taking the school trip to Salem, which she is also feeling skeptical about.

After all that Mrs. Brown still says, "I am not at all superstitious. It's all a coincidence."

Agawam and West Side: The need to succeed

by Erin Jackson '02

Ask around. Agawam and West Springfield have been rivals since well before our time, but has the situation gotten out of hand recently? News concerning fights and comments about West Side have always been tossed around the hallways of Agawam High School. Is it continuing to be the good-natured rivalry of the past years or has it turned into pure hatred for one another? The majority would say no. Among this majority is senior Sara Gregory, who feels the situation is under control. She believes, "It doesn't get out of hand if people have a sense of humor."

The fighting problem is what concerns most people. It seems to be taking a turn for the worst, but the rivalry between neighboring towns has nothing to do with a few punches being thrown. As Matt Picard would put it, "Mostly when an Agawam kid and a West Side kid get into a fight it's for a reason and has nothing to do with what school they go to." It's the year 2000 and it's not as peaceful a time as it once was. It's true. People fight and it's gotten to be a huge problem, but what does the rivalry between two towns have to do with social problems occurring all over the world? Yes, the tension between the students from these two schools has added to the problem, but it has, by no means, become an unbearable situation.

The upcoming Thanksgiving Day football game is another anticipated event. There's often a lot of controversy concerning the game. There was a problem last year, but for all anyone knows there could have

been other reasons for what was done. You just don't know. The rivalry often overrides any other possible reason for something taking place. This years game may be being played in the shadows of last years actions, but it's still greatly anticipated by both schools.

Contrary to what many may believe, this is not only a rivalry among the "jocks" of either school. The recent blood drive held at both schools also has a part in this race to be the better school. Did you know a trophy is given to either Agawam or West Springfield each year, depending on who gives the most blood? And might I add, Agawam was the one to come out on top last year. This infamous "Blood Drive Rivalry" has caused quite a stir among some students. When questioning Jenn Bishop about the situation she said, "We may not beat them in all of our fall sports, but boy do we give pints of blood like nothing." How can you say that this rivalry has become out of control, when a competition such as this goes to such a good cause.

It may be true that during athletic competitions, the need to succeed can turn into a verbal and sometimes physical battle between players, but when it comes down to it, that is not caused by the fact that we are arch rivals. That is caused by the pressure put on athletes to win for their school. The situation concerning the Agawam-West Side rivalry hasn't gotten out of hand, it's just gotten a little more competitive over the years.

Math Club collects coats for kids

by Alyssa Goodrow '02

The Math Club, with their advisor, Mr. Trahan (a.k.a "the Math God") have been quietly at work on several projects. This very popular group of more than 70 students have been undergoing the "Coats for kids" collection. This event sounds exactly like what it entails. Members from the club encourage other students to donate unwanted or old coats so that a less fortunate person can use them. This year there were 75 coats collected, which exemplifies just how giving and caring students at Agawam High are.

In addition to this charitable act they also helped

out on November 3, 2000 at the NCTM Eastern Regional Math Conference. Here the club members assisted with loading and distributing materials, and a whole variety of other helpful participation. Besides having a mathematical fun-filled day which resembled that of a day in heaven, they also learned some great strategies for teaching math! Clearly, this was a win-win situation.

On behalf of Agawam High, a loud thank you goes out to all the members of this wonderful club and we applaud your efforts to help clothe others! Clap Clap!

"Club Corner"

by April L. Rondeau '02

December is looking to be a busy month for the clubs at Agawam High. The holiday season is upon us, and with it comes a slew of fund raisers and celebrations.

The **AFS** club will be going to New York City in the beginning of the month. Their trip will include a tour of the United Nations building and an afternoon of shopping on Fifth Avenue.

On November 3rd and 4th, the **Math Club** assisted at a math conference at the Springfield Marriott. They directed people where to go, collected tickets, and helped distribute maps and other papers. Their help was greatly appreciated. The **Math Team** will be competing in December.

NHS is on the verge of designing their senior t-shirts. They are also busy organizing their annual Toy for Joy campaign. Listen to the announcements in the coming weeks for information on how you can help.

Student Government is quite busy planning a fund raiser for charity. They are also working on a set of by-laws for the group. One of their more ambitious projects is trying to get vending machines for snacks in the gym area to be used by after school sports teams.

Peer Leadership reports raising \$1104.75 through their Halloween Costume Day fundraiser. The money will benefit a camp for children with epilepsy. In December they'll be doing the Chain of Life in the cafeteria, which is when every student's name is written on a piece of paper, and they are all linked together. It represents how we're all linked and if someone dies during the holidays due to drunk driving, it will break the chain of life. The Great American Smoke-Out is also coming up.

Renaissance is preparing to issue new cards after first term. A Holiday Party for Renaissance members is being planned as well.

The winter issue of the **Unicorn** is expected to be on sale at lunch the week before Christmas break. It is filled with poetry, short stories and artwork submitted by the student body.

All in all, December should prove to be a month of hustle and bustle for Agawam High clubs.

"A" "F"un-filled "S"eminar

by Erin Jackson '02

The weekend of October 12-15 was full of fun for AFS members and foreign exchange students from around the area. It was the fall International Weekend that AFS holds each year. This is a time when foreign exchange students from surrounding areas come and stay with host families in Agawam. There are a variety of activities planned for them throughout the four days. It began on Thursday evening with an ice cream party in the teacher's cafeteria to welcome all the foreign exchange students, as they arrived. On Friday, visiting students attended school with the student from their host family and in the evening went to the football game and had pizza at the VFW, where most of the events were held, afterwards. Saturday was the busiest day by far. The scavenger hunt was held in the early afternoon, followed by a potluck dinner at the Captain Leonard House on Main Street. Everyone then went on to Six Flags to see the Frightfest display. On Sunday, the final day, brunch was served at the VFW as everyone said goodbye to the visiting foreign exchange students.

With all of the participation by AFS students, not to mention the approximately 12 host families, the International Weekend was a great success. "Everyone's eyes were opened to how different people can be," said advisor, Mrs. Bruce. She also mentioned that she plans on having another weekend sometime after midterms. They're hoping for just as much participation and for another great success.

Former Mirror editor reports from Bush headquarters

by Sarah Hamel '02

Kevin Tampone, former '97 Mirror news editor, was recently invited down to Governor George W. Bush's headquarters in Austin, Texas for election night. Kevin is currently attending Syracuse University. He is the assistant editor of their newspaper, The Syracuse University Daily Orange.

Kevin sat with the press corps and took in all the election day activities. The Daily Orange is the only college newspaper accredited to cover the election first-hand. Kevin got the privilege of sitting with some of the most experienced reporters from the most pres-

tigious newspapers in the country.

In fact, Kevin Tampone saw right in between a reporter from Newsweek and a reporter from The Dallas Morning Sun. Although Kevin must have felt like the only "rookie" reporter there, he must have appreciated the experience and the privilege that he had been offered.

So among all those veteran reporters, I guess you could say that the Agawam High School Mirror had a reporter there as well.

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Bullying is no "bull" at AHS

by Erin Jackson '02

When you hear the word intimidation, what comes to mind? To intimidate, as stated in the dictionary, is to inspire or affect with fear or to bully. Intimidation and bullying have always been a big problem in high schools. "I see incidences in the hallways and classrooms and I find it extremely disturbing," comments Mrs. Lemnah-Warner, a teacher here at the high school. There have already been many incidences this year involving people who thought they could bully someone who was believed to be weaker than them.

Dr. Lynch, the AHS psychologist, took the time to talk to me about the psychology side of the problem. Without going extremely in-depth on the psychological factors, he told me that people prone to intimidating others are usually angry or frustrated. This can often be caused by problems at home. Both Sarah Hamel and Mrs. Lemnah-Warner believe that it goes back to the values you were taught as a child. Another cause could be physical or emotional abuse, which can also begin at home. Bullying someone weaker makes them feel safe and can also get them some attention, which is what they may not be receiving much of. Although these occurrences happen on a regular basis, most situations work themselves out. Many people agreed that students would rather deal with the situations themselves than involve others. When asked what he would do, Matt Picard responded, "First I would try to work it out, but if we couldn't I guess we would have to seek the advice of a teacher or counselor." For those situations that can't be worked out, you can also go to a group here at the high school called Peer Mediation. Students may be of more help dealing with such problems than a teacher would be.

Dr. Lynch also told me about a study he had been working on. It was given to this year's senior class, in eighth grade, and asked them what their concerns about the high school were. The older students and violence were among the top three fears. This just goes to show how bullying has affected people. "It's not right to take out anger on others. People become afraid of you and that's not a good thing," stated Sarah Hamel, when asked about this situation. Some people are even afraid to go to school because others intimidate them.

Basically, the point people would like to get across is that it's not right to take out anger on others. You may feel that it gives you a sense of power, but in all reality people don't want anything to do with you and often have a great fear of you. No matter what the reason for your intimidating others, it's not right. Put yourself in another's shoes for a moment and think about how you would feel being teased or bullied. There will always be a certain amount of teasing related to peer pressure, but it's about time we put as much as possible to an end.

Dr. Lynch, along with other school officials, realizes the problem facing many high school students and is working to fix it. Anyone who bullies another student will be disciplined or eliminated. According to Dr. Lynch, "no one should be afraid to go to school."

Did you know??

by Joanna Surowiec '01
and Aimee Piccin '01

That...

- * A baby turkey is called a Poult.
- * At maturity turkey's have 3,499 feathers.
- * Wild turkeys can run up to 20 mph.
- * In English turkeys say "Gobble Gobble Gobble" but in Portuguese they say "Gluglugluglu."
- * The first Pilgrim child born in New England after the ship arrived was Peregrine White, son of William and Susanna White.
- * The first Pilgrims to be married in New England were Edward Winslow and Susanna White, both widowed during the first winter. They were married in a civil ceremony, as was the Pilgrim custom, on May 12, 1621.



Our "As Schools Match Wits" team lights up the screen. Photo by Danielle Bachini '01.

Lighting round zaps "As Schools Match Wits" Team

by April L. Rondeau '02

On Saturday, October 28th, various members of the "As Schools Match Wits" team gathered at the home of Mr. O'Brien, the advisor, to watch the Agawam High School vs. Suffield Academy match. This year's team was made up of captain Jim Wisniewski, Scott Fleming, Ryan Lepard, and Adam Mouneimneh, all seniors. While our team put up a good effort through most of the game, even leading for the first eight minute segment, victory was not to be theirs.

The two teams were well matched, with everyone pulling through on various topics. Adam was the music expert, but he did falter once. "I'll never look at Stevie Knicks the same," he said, thinking back on when he failed to match the singer with the correct band, Fleetwood Mac.

The format this year was slightly different, and this threw them off a bit. There was a Jeopardy-type board listing the categories and their point values, and the teams were made to stand the whole time, as opposed to sitting as they have in the past. Their downfall was the new "lightning round." It consists of 90 seconds of continuous questions from a particular category, with each team buzzing in if they know the answer. If the response they deliver is wrong, they

lose five points. The topic was to Shakespearean plays into three categories: histories, comedies, or tragedies. While Mr. O'Brien surely knew all the answers, the team had a little trouble.

"If we had known about the lightning round before hand we would have had time to practice for it and we would have done better," captain Jim reflected. "And our category wasn't the best." The score before the lightning round was 115-105, Suffield. Their deficit increased to 185-135, Suffield by the time the match was over. Suffield went on to compete to enter the playoffs.

Looking back, Mr. O'Brien sees nothing but positives. "I was very proud of the team. They did an excellent job." He is looking forward to next year's team, which will be led by captain Jackie LeGrand, c/o '02.

"Our prospects are good for next year. We work together very well as a team. Next year is Mr. O'Brien's last year, and we're going to work hard to win him a championship," she says. They're already practicing hard, quizzing on subjects such as math, science, literature and the arts. While this year's team didn't go quite as far as they would have liked, as Ryan Lepard says, "All's well that ends well."

Bishop's Boulevard

by Jenn Bishop '01

Recently I underwent a dramatic change in my life. I have done something as permanent as a grape stain on white stain sheets, something as irreversible as RuPaul. I have been trying to find myself, trying to find purpose in this fast-paced and hectic world. Carving out my niche in the universe, the only question was, how to do it? Curly or straight?

Straight hair ... it screams, low-maintenance, a casual blase elegance. Somewhat trite in comparison to other slightly more exotic looks. Yet is it? Would I get as much attention and fanfare with my normal everyday looks? Or did I need to expand my somewhat close-minded hair styling horizons? These were many things I had to consider before making the plunge into the carefree, wild, realm of curls.

Curly hair, or in my case, "wavy" hair seemed better fit to serve my needs. I needed a new look, something to send my vibes out. The way I see it, the curliness of my hair seemed to affect even the way I acted. No longer was the small, sometimes conservative Jenn existent, in its place was an untamed, wild soul.

You may think that this does not in any way pertain to your life, and you'd probably be right. But just think on another level. Think of all the little things in life you could change to become a little bolder or perhaps even a little less inhibited. What could you do? Where could you go? Who would you meet? There are many things that could free you from the social chains that tie you down.

If you changed something as simple as your hair color, who knows what changes that could bring in



Notice anything different about Jenn Bishop?

Photo by Danielle Bachini '01.

your personality. If you're brunette go blond. They say blondes have more fun, test it out. Tread new waters. Experience life as others experience it.

If you're a die hard "prep," try something a little more out of control. Perhaps your jeans could be a little baggier, your shirt a little dingier, who knows what could happen? What's the worst that could happen? Meeting interesting people outside of your normal group can only be beneficial. Who knows, you could meet the man/woman of your dreams and all because you went out on a limb and tried something new.

So next time you find yourself bored with your current look or wish to be a little more exciting and alluring, try mixing up your styles a bit. You don't need to start out big, gradually work your way up to the pink hair. Whatever you do, though, incorporate something different with your look, it could make a world of difference.



Alexis enjoys her time at Agawam High. Photo provided by Katie Baum '03.

Big fun for little people

by Katie Baum '03

Carey Baum, c/o 2001, sat down with me to discuss an assignment by Child Development Teacher Mrs. Chase. It was different from most ...

The students were to bring in a child to a Halloween Party held by Mrs. Chase's class. The Halloween Party would entertain the youngsters. They had candy, music, and arts.

"It was a really fun assignment. Most assignments are boring and you learn everything for a short while but this was one I wouldn't forget. I learned a lot from it, too. It was entertaining but in an educational way." Carey learned something about children from this project, "I learned that it takes a lot of work to take good care of a child. It's not as easy as it looks."

Carey brought in three year-old Alexis Horniak. "She was quiet at first but then warmed up." Carey believes Alexis had an enjoyable time because she was happy and didn't want to leave." Carey says with a smile, "Everybody thought she was really cute."

The students learned more about kids by actually taking care of them. And Carey's thoughts on having a child?.. "I want a child a lot. They're lots of fun and real cute. But I'll definitely wait until after I'm married!"

Red ribbon rally!

by Alyssa Goodrow '02

Good-hearted people are hard to find these days, let alone good people who do good things for others without expecting anything in return. Fortunately, for Agawam High there are many wonderfully organized clubs that consist of these very people, in particular, Peer Leadership. They are one of the groups among the sea of good doers that comes to mind. Most of you know them as the group that raises money for wearing Halloween costumes, which this year raised more than \$900 and was donated to "Camp for Epilepsy." They are also the group that participates in the Great American Smoke-out, Mock Accident etc.

However, this year the group has added yet another charity act to their name. On November 4th, from two o'clock until four o'clock they were at the Holyoke Mall and unselfishly volunteered their time to distribute red ribbons. They were one of many other groups from the local area that helped out in the "Red Ribbon Rally" which represent MADD (mothers against drunk driving).

Peer Leadership is a great group that is supporting a worthy cause, and all of you readers out there that helped represent an end to driving under the influence by getting a red ribbon, make sure to wear that ribbon proudly!

Mirror Shorts

(compiled by the Mirror Staff)

Agawam is smelly ... HAAAAHA; K Dawg - what political mascots? Naked toga birthday party. MD - it was the Chad! SH - Spamel, this is what our ham looks like! JK - my brotha from anotha motha. Master P - biggest w*** I know. ND - Thank you for my Mark (1st year!) Nowil - Missions, 2gether 4ever. Lil G and K Baum BFFL. Kt & Dodie - ERH?! KFC - don't trip me you ... ahhh! EB'S 11/3 BFFL. Lisa - West Side - "looking pretty good right now no?!" AHHH - the rat attacked me. Meg, "and I was Emilia!" Coach Modge - Who let the dogs out?! Psst ... get Siggy! I'm not a playa I just crush a lot. I love Jesus, loves me. Jen - Sweet! Locked box? Dazzle and Sizzle - sticks and stones may break my bones ... Kristin ... how big do you want those pictures to be. Al I promise I won't

flash you again! *Don't Flash Me* Petro/Nicole - Grilled cheese at Hooters. Nicole - Frog Prince and your princess/bodysuits. Sara - That was supposed to be my number. Joanna - Bang wins! NS - "On" Even. JP - JF - EC - Pac Man!! Oh yeah baby!! Lisa - "V" me! XC - and we all started cracking up laughing, AFAFAFAF! Angie, how's Santino? Neil? Joanna - ILU 4E. Hey Ben you have those discs ... "what discs?" "what do you mean?" Heather B gotta love our dance. Cindy, thanks for broken toe HW love 'y J.D.P. - Hw; Tiff - BANG!! AimeeCoach B's room again! Roxy girls - Ade, Rach, Day. Jessica and Dara - Better go away! Dumb ... Erinn - Salem, the evil witch, freaky emails. Peace out!



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Feature...

How do you deal with ... STRESS!!!

Quiz: Are you too stressed?

by Tara Reilly '01
and Jenn Bishop '01

1. You have a huge biology test next Friday. It's now only Monday; when do you start to study?

A. Tonight, and one hour every night until Friday arrives.

B. Study?! Who needs to study?

C. Friday morning, during passing time.

2. You see your significant other talking to the "competition" in the hallway at school. Do you:

A. Brush it aside and think, "Oh they're probably talking about the math homework."

B. You don't even notice them over the crowd of people around you.

C. It's OVER!

3. You're starting in the big game tonight; are you nervous?

A. I'll try my hardest, and if we don't win at least I know I played my best.

B. I don't need to be nervous with my skill.

C. Do you call puking nervous?!

4. Your boss makes you work overtime even though you have tons of homework to do. Do you:

A. Bring your books and study during break.

B. Plan to skip homework, "just this once."

C. Call out.

5. Your parents tell you that you overwork yourself...

A. Once in awhile, I have an occasional busy day.

B. Never, I'm too lazy to even work myself.

C. Nearly everyday, while I'm rushing around to get things done.

6. Your parents went away for the weekend, you decide to throw a "little" party. When they come home, are you:

A. Laid back, I cleaned up real good, they won't suspect a thing.

B. Completely normal, I forgot I even had a party last night!

C. A nervous wreck, I hope they don't find anything suspicious!

7. You look in the mirror only to find a two-headed monster zit staring back at you; what's your first reaction?

A. Are kind of upset, but you'll forget about it in an hour.

B. What zit? People are going are totally blinded by my beauty anyway.

C. "MOM!!!! I'm NOT going to school with this thing on my face!"

Tally up the different letters. If you're mostly A's, then you're Partially Stressed; B's, Unstressed; or C's, Super Stressed!

A's: You have a good control over your stress. You seem to know when you're too overworked and when to take things slow.

B's: You don't seem to be stressed at all, which isn't always a good thing. Stress can push you to reach your goals. Try to join a new club or activity.

C's: Well, Super Stressed says it all; try to cut down on all the clubs, sports, working hours you put in. Don't forget to make time for yourself.

For all the news at
AHS, be sure to read
each and every issue
of the MIRROR...

"S"tress "A"dded to "T"eens

by Jenn Bishop '01

The Scholastic Aptitude Test is one of the many deciding factors in the college admissions process; one test which could determine your future. In a mere three hours your entire academic career is either carried to new peaks of success or shot to h-e-double hockey sticks.

Does this mean you should become the official spokesman for the Princeton Review and memorize all one hundred suggested Hit Parade vocabulary? Or do you just forget all about it, walk in the door at exactly 7:15 with one number two pencil and fill in the bubbles in a rendition of your favorite Picasso?

If you're the type that travels the more studious path, than it's my guess that you are most likely stressed out by the SAT's. The SAT's are one of the more significant events which aid in the college search. State schools are more flexible while private and Ivy League schools follow a more rigid guideline for acceptance.

For me, the task of taking the test was not an extremely big deal. All that is required for many state schools is a 920, unless you have a 3.0 than the SAT's don't count and you're pretty much guaranteed admission. Besides, if I had scored low there were a plethora (look it up, it'll help on the verbal) of other opportunities in which you can retake the test and score much closer to the expectations of college admissions officers.

I suggest that in order to get ahead of the famed Princeton Review, you need to start at least paying attention in your eleventh grade English class, to the seemingly endless barrage of Hit Parade Vocabulary. This might seem monotonous and tedious at the moment, but when those Scholastic Aptitude Tests come rolling through, you'll be happy you know exactly what superfluous, didactic, and farcical mean.

There are many tactics to scoring good on the SAT's many of them have to do with studying and preparing for them. The last thing you would want to do is panic. Take it easy. Stay cool, calm, and collected, pick up your pencil and calmly fill in the bubbles. Read the questions thoroughly and make sure you understand them before choosing an answer.

A few hints from the Princeton Review, say to start from the bottom and work your way up in choosing your answers. The answers are more likely to be at the bottom. Another trick is to first skim the reading sections and the questions so you know what you are looking for.

These are only a few tips and an SAT prep course can certainly give you more as well as helping you cope with the stress of the SAT's. So take a course and study a little and you should do fine.

Top 10 excuses for skipping class

by Jess Forni '01

(with the help of Ms. Conte & Ms. McSweeney)

#10. My friend was really upset.

#9. My teacher hates me so I didn't want to go.

#8. I was sick, what did you want me to puke in class?

#7. I didn't skip I was there! My teacher must have marked me absent by mistake!

#6. My mom knew I went home.

#5. I had guy/girl problems.

#4. I was already late, so I didn't go at all

#3. I was confused...is it an A day or a B day?

#2. It's that time of the month...

#1. I was in Guidance!!

The MCAS test: How stressed are you?

by Megan Mercadante '03

The fateful days are fast approaching and like most sophomores, I'm extremely nervous. Yes, I'm talking about the MCAS test; the one thing that determines who graduates and who has to continue their education in good old AHS.

However, is this test fair? Should our whole school career depend on this new academic requirement? Should not ones' character, persistence, and overall grades be the criteria for receiving a diploma.

During a recent poll, the general consensus was along the lines of fairness. "I think it's wrong to start with our class. How can we start learning in a totally different way at this age," was one comment that could best sum up the sophomores' ideas.

Also many suggested that the kindergarten children should have to pass them first, since they will "have adequate time to learn the required fields." To expect the 10th graders to learn everything covered on the MCAS and do the curriculum already established by the teachers in one year, not only causes stress for the students, but also the advisors for the class.

Class plans change and education standards have to conform to state requirements. Because of this teachers may also accumulate an enormous amount of unnecessary stress. "It puts a lot of pressure on the teachers and then they get blamed if we don't do well."

Believe it or not students are concerned about how their administrators have to deal with the upcoming tests. "It limits their creativity in teaching the students," and "they have to rush to cover everything, making it harder for us to learn," were two comments that were expressed by the majority of the polled sophomores.

Then there are the parents who have been there for every report card and warning slip. However, are they worried that the money that has been locked away for tuition may not be needed?

Many parents are a little worried. Teens say that their guardians don't really know what it's like so the pressure and stress are minimal. "My parents don't like the idea because they've seen sample questions and can't answer them," was the average response.

Also, there were the occasional teenagers who simply answered, "I know I can pass so I'm not worried." Whether or not your parents are concerned will not matter in the slightest when Judgment Day arrives.

Overall, tensions are high in the majority of sophomore classes. Even if you are a "straight A" student or one who barely shows up for class, none of it will matter on Graduation Day. The only thing of importance will be one standardized test which may take three to four days to complete but a whole school career to get ready for.

Whether you study long hours or don't open a book, we are all in the same position when it's testing time. The only thing we can do is wish each other good luck and try not to stress out too much.

The staff of the MIRROR
wishes everyone a happy and
healthy Thanksgiving holiday...

"Home is where the stress is"

by Eliza Dickmann '02

"Home sweet home," a popular phrase, indeed. Parents are constantly nagging about nothing. Siblings are the utmost annoying. The homework gets in the way of the social life. Oh, and don't forget to clean up your room. When is it all going to end? Can't we be awarded the supremacy of life? Reality is that everyone deals with it. Our own parents have dealt with it back in the day.

Siblings can be a pain if you don't get along with them. They borrow your stuff without asking. When you get it back, it's demolished. Siblings squeal on each other just to see what the punishment is going to be. Then they enjoy watching you suffer. Pay back time comes later. Then the cycle repeats itself. People just have to learn that siblings are the only link to the past. Eventually, all this fighting hopefully will end someday. From my own experience, a sibling can turn from your worst enemy to your best friend. Enjoy the torture while it lasts.

Parents...what crosses your mind when you hear or see this word? To the average teenager, it's your mother that wants you home by eleven. Eleven fifteen rolls around, and your father officially declares that you are punished. But why bother coming home anyway when you know your going to be grilled then sautéed in a pan? YOU are stressing your parents out! They don't know where you are. God only knows if you are out causing trouble. Well, you finally decide to come home and there is your father with a two by four waiting for an explanation. "What stresses me

out when I'm home is when I get caught in a argument with my parents. It drives me up a wall," says Colin Murray, '02. So now there is just one big blob of stress in the house and no one can help it because everyone is arguing about a simple curfew. Something simple organically grown into something complex. Well, it can be avoided by a simple negotiation or coming home on time.

Parents have great expectations for their children as well. "My parents expect me to do well in school, but they don't realize that I have other things, like a social life," Says Kaitlin O'Brien, '01, "It's like they want my face in the books twenty-four seven. They have to understand that there are other aspects that I

need to worry about". Indeed, parents do get in the way of many things. They are only concerned and want what is best for there darling children. That is no excuse for Procrastination. That is when parents have to take action to make sure your doing your homework and all those necessities like EATING!

Well, there you have it. Your home is not the best place to be all the time. Although it does keep you out of trouble when your parents are home watching you. Try to develop a comfortable relationship with your parents as well as your siblings. Maybe you would not be as stressed as you are now and your hair won't turn gray when your eighteen. It's a two in one deal ... possibly more!

Dealing with stress

by Kristin Mantolesky '02

Picture this: You are trying to study for the huge English test you have the next day, and all you can hear is your brothers terrible music shaking the walls. Your first impulse: to hit something. Why? Because you are stressed. We all know stress as the "wear and tear" our bodies go through as we adjust to our constantly changing lives. Everybody has stress. Even though it isn't always recognized, it's there.

Deadlines, competitions, confrontations, pressure, and adjusting to different circumstances add intensity and confusion to our lives. Depending on how we react to it, stress will either help us or restrain us. It is impossible to eliminate stress. Our only hope is to learn how to manage it better.

Many people handle stress in many different ways. Some people have the wrong idea of what stress really is. Stress can come in many forms such as happiness, sadness, mental issues and physical issues. Most people carry enormous stress loads and they don't even realize it.

Becoming stress free is often a goal for teens. No matter how hard you try, there's no way to make it go away. "No money, tests, homework, working, and basically thinking stresses me out", says Eliza Dickman, '02, when asked what type of events make her stress the most. These everyday events are usually the cause of being stressed out.

Sarah Hamel, '02, says the thing that stresses her out the most is dealing with her friends. "When people pretend to be your friends, and you have to learn the hard way that you were wrong. And when they talk about you behind your back." Friendships do add a lot of stress to your life. How you deal with that and all the other stress causing elements is the difficult part.

Some people turn to music to help relieve stress. Loud music or soft music, its whatever helps you. Others find going for a jog or working out can help relieve the tension of everyday life. Exercise is a good method of stress relief. Other people think that they just can't deal with their stressful lives and they break down and bawl. Believe it or not, crying is a great way to kiss stress good-bye!

When you begin to feel that none of these options help you, you definitely need to talk to someone. It can be anyone from your best friend to your guidance counselor. There is no way to eliminate stress, but there are so many ways to learn to live with it.

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Who would have thought?...

Teacher stress

by Jennifer Plamondon '01

It is 1:45, the bell rings as the halls begin to flood with students eager to get going on the journey home. Sound familiar? When our day ends another big part of the school's day begins.

No, I'm not talking about the custodian; I am talking about the teachers of Agawam High School. You probably do not realize how stressful a teachers life can be. As soon as that bell rings they start the late afternoon off.

They just spent a whole day teaching sometimes bratty kids their one, two, threes and a, b, c's but now in addition they get to continue working through the night. Correcting tests, quizzes, homework assignments, projects, you name it.

All of these can be found on the teachers "to do" lists. Now, I know it is hard to believe but your teachers actually have lives outside of school and do you think they want to be spending their time correcting your work; I think not!

"The thing most stressful for me is how much time it takes to bring home all the papers needing correcting." "It takes away from my family," says Mrs. Pittenger.

A teacher's life is not an easy one to live. Not only do they give the homework, but they have homework, too. We give them that homework every time we take a test, hand in a project, or even pass in those worksheets. Umm, Hello! What do you think, the correcting fairy grades them or something?

"Grades are worse than anything," says Mrs. Mounemneh, who also is also working on organizing the Kid Party.

Besides the correcting, teachers also have lesson plans they have to make. They don't just pop in the teachers' head and they don't make it up as they go along, so this lay-out is necessary for the next day of class. Teachers have their lives the worry about.

Another factor teachers have to worry about is making sure they do not lose their tempers with their students. Even if the kids are acting like brats the teacher can not reduce to any harm on the student.

"Kids that lie are the biggest stress in my life at school," Mrs. Dubay added, when ask her biggest stress when dealing with students.

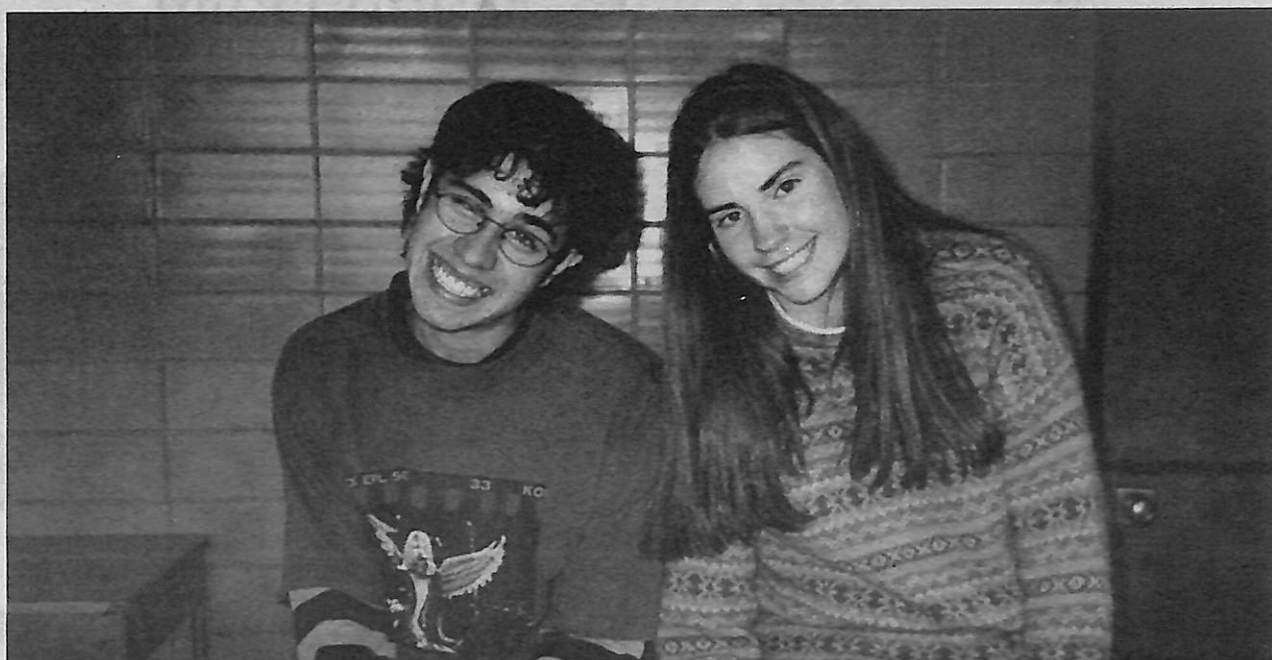
No matter how much stress a teacher is under, no educator should yell at or conduct physical harm on any of their students. The classroom needs to stay a place for learning, not a brawling match.

Just remember how hard some teachers will work so that you have something to do all day. Not only are these ladies and gentlemen our teacher, but our friends, too.



It's OK, Mrs. Mounemneh ... calm down! Photo by Lisa Niedziela '01.

Feature Staffers (Photo by Danielle Bachini '01)



Name: Benjamin Clay Desroches.

Class: 2001.

Staff On The MIRROR: Entertainment.

Favorite Issue: Christmas (December).

Favorite Time During the MIRROR: Whenever we, the MIRROR family, have a crisis.

Major Accomplishments: Getting a license, making it all the way to French 4, being the computer/online editor for the MIRROR.

Pet Peeve: People who stress out over school.

Personal Quote: "I just hope I don't become so blissful I become boring." - Kurt Cobain.

Role Model: KURDT, Twiggy, Madame Kundl.

Favorite TV Show: "Scooby Doo," "Dexter's Laboratory."

Things You Do In Your Spare Time: Pretend to play guitar and sing, being exposed to the evils of the Internet, and listening to such music as NIRVANA,

Marilyn Manson, NIN, The Sinerator and so on...

Name: Tara Feeley.

Class: 2001.

Staff On The MIRROR: Entertainment.

Favorite Issue: Christmas (December).

Favorite Time During the MIRROR: Whenever we, the MIRROR family, have a crisis.

Major Accomplishments: Being inducted into the National Honor Society, becoming Entertainment Co-Editor.

Pet Peeve: Rumors.

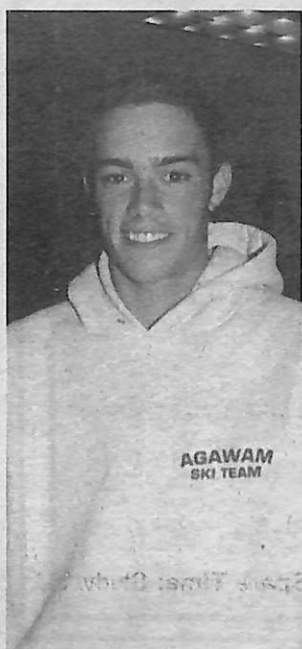
Personal Quote: Remember who you are.

Role Model: Mom.

Favorite TV Show: "Madigan Men."

Things You Do In Your Spare Time: Hang out with friends, listen to music, work.

Feature Students (Photos by Lisa Niedziela '01)



Name: Bill Campana.

Class: 2001.

Activities: Concert band, jazz band, marching band, math club, NHS, soccer, skiing, baseball, yearbook.

Major Accomplishments: Being one of the two guys on the yearbook staff.

Pet Peeve: People who don't try to succeed.

Personal Quote: I feel the need, the need for speed!

Role Model: Herman Maier (Austrian ski racer) and Sean DeVall.

Favorite Subject: AP Physics.

Favorite Teacher: Mr. Morse.

Favorite TV Show: "Doug" and "The Simpsons."

Things You Do In Your Spare Time: Video games, watch "Austin Powers 2," ski, train for skiing, ski race.



Name: Jill Lawson.

Class: 2002.

Activities: Soccer and track.

Pet Peeve: When people make a lot of noise when they eat or drink.

Personal Quote: "Your real friends will always be there for you when you need them."

Role Model: My mom.

Favorite Subject: Practical Law.

Favorite Teacher: Sr. Orefice.

Favorite TV Show: "Friends."

Things You Do In Your Spare Time: Hang out with my friends.

Roving Reporter

by Rachel Caruso '02, Lisa Niedziela '01, and Danielle Bachini '01

Question 1: How do you relieve stress?



Kayla D'Angelo '01- "I paint my toenails while singing."

Steve Messina '01- "I hunt small woodland creatures and build ladders to Buddah out of coffee mugs."



Kaitlyn O'Brien '01- "I swear at random people and get sarcastic and squeeze my stress ball."

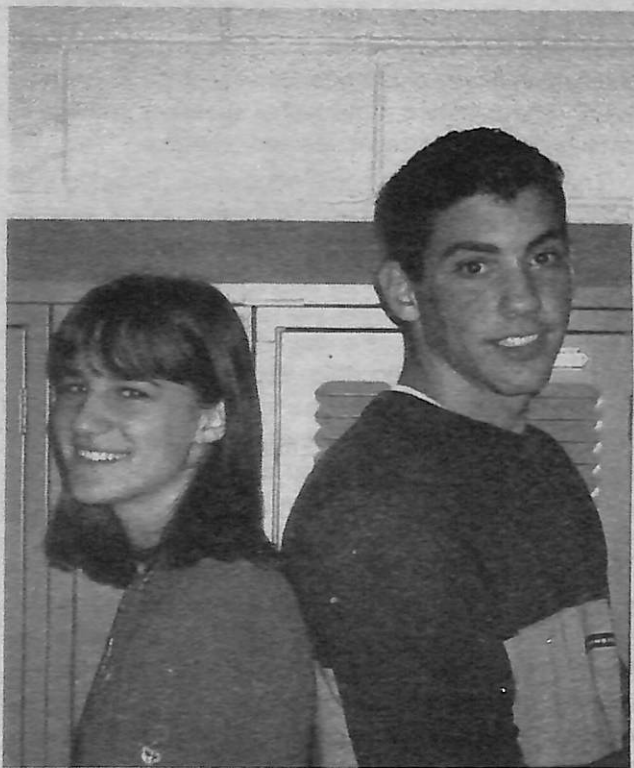
Jody Pfau '03- "Yell and scream real loud!"



Eric Bland '02- "Listen to music, LOUD!"

Jen Jutte '02- "I sing because I am a 'superstar!'"

Question 2: Besides school, what do you find most stressful about your life?



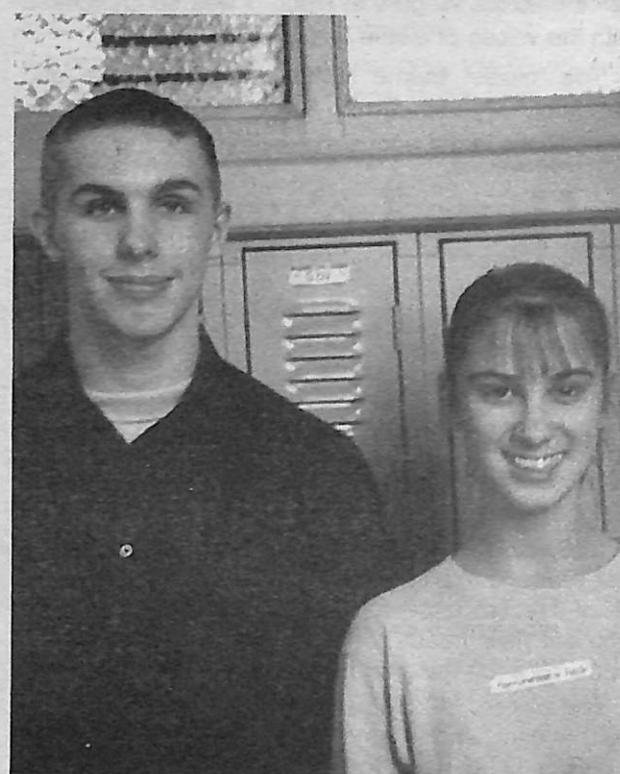
Melissa Nahajlo '02- "GUYS!!!!"

Adam Stacy '02- "People in general."



Mark Urrea '01- "Dumb people who won't shut up, and Lisa Niedziela."

Kelly McNeish '01- "Working at the nursing home where all the old people complain to me."



Matt Reed '04- "Parents."

Kyla Roberts '04- "Peer pressure."

Feature Students (Photos by Lisa Niedziela '01)



Name: Paul Lagasse.

Class: 2003.

Activities: Soccer, swimming, lacrosse.

Major Accomplishments: Going to Western Mass. and States for swimming freshman year.

Pet Peeve: When people say they are going to do something and they don't do it.

Personal Quote: Never give up.

Role Model: Coach "O."

Favorite Subject: French.

Favorite Teacher: Mr. Jennings.

Favorite TV Show: "Boston Public."

Things You Do In Your Spare Time: Chill with friends, water ski, snow ski.



Name: Laura Pedersen.

Class: 2004.

Activities: Soccer, basketball, and track.

Major Accomplishments: Making varsity soccer as a freshman.

Pet Peeve: When people misspell my last name.

Role Model: My brother Brian.

Favorite Subject: Pottery and Social Studies.

Favorite Teacher: Mr. Bianca.

Favorite TV Show: "Friends."

Things You Do In Your Spare Time: Study, train and clean.

Entertainment...



IN LEFT PHOTO: Couture sings his heart out. IN RIGHT PHOTO: Adam belts out a tune.
Photos by Lisa Niedziela '01.

Broadway, here comes Agawam

by Aimee Piccin '01

Our annual top 40 show was recently held and it was incredible! We sure have some talented kids here at AHS.

I went to the show expecting the norm. I knew there would be some good performances and I knew there would be some not so good. I would have to say I was wrong! I enjoyed every song and dance that came onto the stage that night. I was so impressed with the voices of all the singers.

The "oldies" theme to the show was cute and delightful. My friends and I found ourselves singing along to those old songs that everyone knows. I felt

the choreography was well put together and besides a few mess ups here and there they were performed quite well.

The atmosphere alone seemed to be fun loving. Not one person seemed to be nervous or scared. Everyone was having fun and they were showing it. There are some star-bound students who really showed there stuff that Thursday night.

I would like to say great job to everyone who was a part of the show! It was very successful and enjoyable. Everyone will be talking about the 2000 top 40 for a while.

Here he comes, Mr. Agawam!

by Katie Baum '03

Jackie Bennett, president of the c/o 2002, sat down to discuss the Mr. Agawam pageant this fall. This event will take place on November 15th, 2000 in the auditorium at 7:00pm.

Molly Shlagel went to the Mr. Southwick Pageant this year and told Mrs. Miller about its success. Mrs. Miller then brought the idea up to the officers of 2002 who put their heads together and concluded that it would be a fun thing to do.

The officers of 2002 are trying hard to prepare for the pageant. Jackie says "All four of us are having meetings every week for this. There are great prizes for every guy."

There are many people involved to help out. The judges are Officer Langevin, Kristen Strole, Katie Dubay, Molly Shlagel, Val Siedlik, Miss Highland and Mrs. Miller's sister. The judges will judge the talent, formal wear, and the "big question". The MC's are the four class officers. Jackie says, "When the guys first come out we're going to introduce them with their choice of music."

The seven escorts include Amanda Lemieux, Lucy Young, Amanda Blair, Kim Chmura, Brittany Brooks, Sarah Longtin and Kara Dominick.

The pageant is very formal. People backstage will help the guys look nice. Mr. Tux has given the guys free tuxes for the night. Smalls Flower Shop donated roses and balloons.

With every pageant, there are certain awards. The awards are All around, Formal Wear, Best Talent, Congeniality, Serious Talent, Comical Talent and Best Stage Presence. The judges will hand out the appropriate awards to those contestants who most deserve them.

Jackie says, "I think it will be very successful. This 'pageant' is going to be funny. I think there will be a decent amount of people in the crowd. We'll see!"

The contestants include Micheal Federico, Joshua Abraham, Matt Couture, Steve Atkinson, Dave Biena, Joe Clark and Colin Reilly. Good luck!

"Blair Witch" fails to frighten second time around

by Holly Walker '02

Recently "Blair Witch 2: Book of Shadows" came into theatres in an attempt to surpass its predecessor about a group of documentary filmmakers lost in the woods. Considering what a flop the first film was, one would think that making a superior movie would be child's play. As it turns out that assumption is dead wrong.

From the start of the film it begins with a collection of flashforwards that not only make no sense but confuse the viewers as well. As the movie roles on it goes through the small town of Burkittsville, Maryland just outside the Black Hills where most of the movie takes place. In this town, we find the residents both making up stories and merchandising the Blair Witch Phenomenon. As the people make camp for the night in the Black Hills Forest their sick and twisted night begins.

They go through hell the rest of the night but not knowing they did, they wake the next morning to find their camera trashed and not remembering what had happened from the night before. You would think later in the film everything sort of begins to make more sense but there's where any person can be misled. The end of the movie just like the beginning makes no sense at all. Because of its lack of theme or story line no wonder that "Blair Witch 2: Book of Shadows" was a bomb at the box office.

So before you go out and pay \$8.00 to go see "Blair Witch 2," you might consider investing the money in a camcorder. Chances are, just about anyone could do a better job than the director. So if you are looking for a movie that will scare you like you've never been scared before, you might want to look elsewhere. That is unless you're scared of low-budget props and bad acting.

"Bagger Vance": Not up to par

by Aimee Piccin '01

There are very few sports movies that are actually about sports. There is always some interesting story line that never really has anything to do with the sport. If you thought "The Legend of Bagger Vance" was different, then you were wrong. In this movie the game of golf represents nothing less than the simple meaning of life.

Will Smith plays a mystical caddie named Bagger Vance who comes to Savannah to help Ranulph Juhnah, a golf star who has lost all hope after his experiences in World War I. This character is played by the Hollywood star famous for his smile, Matt Damon. Not only did he lose "his swing," he also lost his love, Adele (who is played by Charlize Theron), and his direction in life.

Adele begs Junhah to represent Savannah in a golf exhibition to help save the golf course her father built before he killed himself in the Depression. The match is against two of the best golfers in the world and Junhah is not ready to face them. Will Smith's character comes out of nowhere and starts to mysteriously help Junhah find faith.

The film was directed by Robert Redford and looks as if it is Oscar-bound, but don't let the all-star cast fool you. The characters are well-dressed for the time period and Savannah is represented well, but the potential of this movie wasn't met. The extra-long golf match had me counting the holes, praying for the last one (which finally came after what seemed to be forever). The constant motivational speeches from Will Smith's character almost seemed repetitive.

The movie did have some good parts. Besides the times it dragged and became boring, there was a good lesson learned. Smith's character repeatedly says, "The game can't be won, only played." This quote isn't referring to the game of golf; instead, it is a statement directed as a way to look at life. Smith's character gives impeccable advice and makes you believe in yourself. Damon's character gets a pep talk from his 10 year-old idol who, during his speech, says, "It's the only game you can call a penalty on yourself and no one else." The boy is also speaking about life.

It is a movie that gives you an extra boost of faith and leaves you feeling good if you make it through the boring scene to get the message. I do feel it could have been much better, considering the talent involved and the meaning behind it. The acting is amazing as expected, and the fact that Smith doesn't play his typical character really shows his incredible acting ability. I left the theater happy, but I expected more.

"Charlie's Angels" gets three thumbs up

by Tara Feeley '01

"Charlie's Angels" originated in the '70s as a hit television show about three ladies that fought crime while wearing high heels and mini skirts. Just recently the show was made into a present-day movie.

Drew Barrymore, Cameron Diaz, and Lucy Liu play the three angels. It is an action-packed movie that is a lot like the television show. One fact that makes both the movie and the show alike is the fact that in both, the whole story line is based on three girls running around in revealing outfits while fighting crime.

This movie is an excellent choice for groups of people. Not only is it great for people who like action, but also for people who were interested in the original television show. The director managed to incorporate all generations into this outstanding and thrilling motion picture. Be sure to take the time out of your busy day in order to catch this movie.

Frightful fun at 121?

by Katie Baum '03

This Halloween Joseph Renaud, Kathryn Coulter and Kristopher Widmer prepared a haunted house in Coulter's backyard at 121 Parker Street in Agawam. Canned goods were asked to be brought as a fee to enter the haunted house. These goods were going to be brought to the Open Pantry Community Services in Springfield. This pantry serves hungry and homeless people. The house consisted of two large fully-decorated tents. It would be open to the public Saturday October 28th and Tuesday October 31st 6:30 to 9:00 PM. It sounded like a good plan...

In the years past, Widmer had put some Halloween decorations in his family's front yard. This year along with two other teens they spent four days creating the display. They installed motion detectors that start strobe lights. They also bought several broken smoke

machines, fixed them and set them under piles of leaves. The lights surrounded Coulter's backyard. They made creative grave stones and a flying ghost. This ghost flew on a wire that connected to two houses. The called the display "Frightful Fun at 121."

Unfortunately, not all good things can work out. City Fire Marshall Michael R. Mercadante and Building Inspector Dominic J. Urbinati informed Coulter that she could not host the event. This was because she did not obtain a permit for the tents larger than 10 feet by 10 feet and all the electrical wires were fire hazards.

Coulter was very disappointed because a lot of kids worked hard to create the display. Coulter says, "Next year we're going to do it right."

Delectable delights...

Hot apple pie

by Holly Walker '02

Ingredients:

- 1 (9-inch) frozen deep-dish apple pie (double crust or old-fashioned)
- 1 stick Butter
- 1 C. Light Brown Sugar, divided
- 3 1/2 tsp. Cinnamon, divided
- 1/4 tsp. Allspice
- 1/4 tsp. Cloves
- 1 1/2 tsp. Lemon Juice
- 3/4 C. flour
- 1/2 C. sugar
- 10 Tbsp. frozen butter (see Note)
- 1 1/3 C. chopped walnuts

Ice cream (optional)

Preparation:

Let pie thaw at room temperature for 30 to 45 minutes.

Preheat oven to 350 degrees.

In a small saucepan, melt the stick of butter over medium heat. Add 1/2 cup brown sugar, 1 1/2 teaspoons cinnamon, allspice, cloves and lemon juice. Stir until well blended and sugar is melted, about 3 minutes.

Make an X in the center of the top crust of the pie and fold back the crust. Pour the butter mixture evenly into the pie and then replace the crust. Leave 4 vent holes, sealing the rest of the pastry. (You may need to dampen your fingers to seal the pastry.)

Bake for 30 minutes. Remove from the oven and set aside. Reduce heat to 325 degrees.

Prepare topping. Grate frozen butter into a medium-sized bowl. Toss the grated butter with flour, remaining sugars, remaining cinnamon and walnuts.

Carefully wrap an aluminum foil band around the edge of the pie, creating a lip to hold topping. Sprinkle topping evenly over pie.

Bake for 30 to 40 minutes. Let rest for 10 minutes then serve with ice cream, if desired.

Fall fashion

by Jess Forni '01

It's time to put away those tank tops, sandals and hiked-up shorts...it's beginning to look a lot like winter! I know the thought of not being able to show off all that skin may disappoint some of you (or in the case of Agawam...many of you) but don't worry. There are some great fashions in store for the chill tone of winter.

When the weather gets cold, the fiery colors of red and pink are a must. Weather it's a pair of pink, leather pants or a red fuzzy sweater the idea for the season is the brighter the better. Make a statement, let your true colors shine through.

From snake skin to leopard print, animals are a girls best friend. On those days you feel like grabbing some attention from the opposite sex, slap on a pair of those stylish animal printed pants with a black top. Add on a pair of sexy tall black boots and all eyes will

be on you.

A flash from the past...disco styles are back. Big flares, bright flowered shirts and platforms aren't just a part of fashion history. The general idea of the popular 70's shirts was recycled with a millenium twist to form a stylish look that is becoming a big hit.

For all you guys who think fashion has nothing to do with you...wrong! For those wintery days, be warm and stylish and get yourself a wool peacoat. This winter season, do all of us girls a favor and get yourself a ribbed turtleneck sweater. Trust me, nothing is sexier then cuddling up with a guy in a warm sweater with a loose pair of tan khakis.

This winter don't let the gray of winter effect the way you look. Add some vibe to your wardrobe. There's no reason why you can't be hot through the coldest season of the year.

Don't "Pay It Forward"

by Jess Forni '01

For a movie with a famous cast and crammed with talent behind its wings, "Pay It Forward" unfortunately was a great disappointment. I took my seat in the theater sure I would leave with a sense of satisfaction, but discovered the movie instead steered itself in a direction I found second-rate.

A shy seventh-grader (played by Haley Joel Osment) begins the seventh grade with a lot more on his mind than school work. With an alcoholic mother and an abusive father, he gets caught up in a peculiar assignment given by his history teacher. While in the process to get an "A" on this extra credit assignment,

this remarkable kid makes a positive effort to change the world. This story was one of morals and was very different from any other movie before it.

My expectations of the movie were set as one of those "feel good" movies leaving one with a sense of accomplishment and satisfaction. When I left the theater, I instead encountered a feeling of depression and almost rage at the writers for ruining a movie that could have been written much better. I do not recommend this movie to anyone who is in the mood for a "feel good" movie.

Six Flags gets spooky

by Benjamin Desroches '01

Annually, the park we used to know as Riverside has a festival to end their summer reign. It is usually called Fright Fest and the same held true this year as the park has changed its name. This is where few people come into the park and see Halloween decorations. There are various scary people running around giving a cheap thrill to the few guests walking on the park's midway. Down in the grove area there's the haunted trail and Alice Cooper's Brutal Planet. All around the park there are various shows with dead people performing to scare and give a good laugh to people.

As compared to other years this year's festivities have gotten more boring. There isn't as much thrill anymore in preparation for the event. The only thing the park had going this year was its anticipation and the advertising of it on television.

The "haunted house" named Brutal Planet is more like a junk yard and a technology show than an actual house. Whatever happened to the idea of a haunted house being a haunted house? I've always thought that a haunted house is supposed to be a creepy, decaying, wretched, and old-fashioned establishment.

The haunted trail is the same as the hay ride Riverside had a few years back except it's walked instead of in a trailer. This one had more excitement than Brutal Planet. There was an actual element of suspense and fright. It's basically a group of guests who walk through the woods alone without a guide. Along their way they're encountered by several characters and security guards in disguise.

Getting away from the grove area, the shows the park has. There was a good one in the south end of the park called "Dead Man's Party." This one featured lots of dancing, singing, and energy. Not to mention the great costumes the characters had.

In the center of the park there was a swift Used Coffin Salesman named Mort. He portrayed himself as a downright nasty kind of fellow who'd kill you to sell a coffin. While selling the audience a coffin he'd tell a few jokes to get the young audience involved. He'd then go on and have a contest to see who was best for the coffins.

This year's Fright Fest was lacking something although it had great enthusiasm, anticipation, and participation. Maybe it just means they should do something more traditional and stick with one theme rather than varying themes. The cast they had was great, but maybe it's only because they knew what they were doing but didn't have what they wanted to do what they desired. Nonetheless, after all is said and done, the park has taken a step up from family-owned theme park to corporate-owned theme park, and still doesn't live up to expectations. Maybe next time.

Stiller scares the "Parents"

by Tara Feeley '01

"Meet the Parents" is a hilarious comedy that has just recently hit the theaters. While it's probably not the best movie of all time, it is well worth the money. It definitely would not be a waste of your time.

As the movie starts Greg (Ben Stiller), a nurse, is very much in love with Pam (Teri Polo), who is an extremely cute schoolteacher. They have been together for a very long time and would like to get married. There was only one problem. Greg had to get permission from Pam's father in order to ask her to marry him. Pam's father (Robert De Niro) is a former CIA agent and borderline psychotic. The father tries to find out all about Greg's past; meanwhile, Greg is trying to impress him. Through a comical twist of errors, Greg does not have much luck.

So if you don't have anything to do this weekend, why not check out "Meet the Parents." This movie will definitely have you smiling if not laughing in your seat. I recommend this movie to anyone that is out to have a good time.

Sports...

Gymnastics...

Brownies sweep the scores

by Rachel Caruso '02

Look at those gymnasts go!!! The gymnastics team of the 2000 year has definitely surprised everyone, including themselves. Everyone knew they were very good but I don't think anyone knew they would go this far.

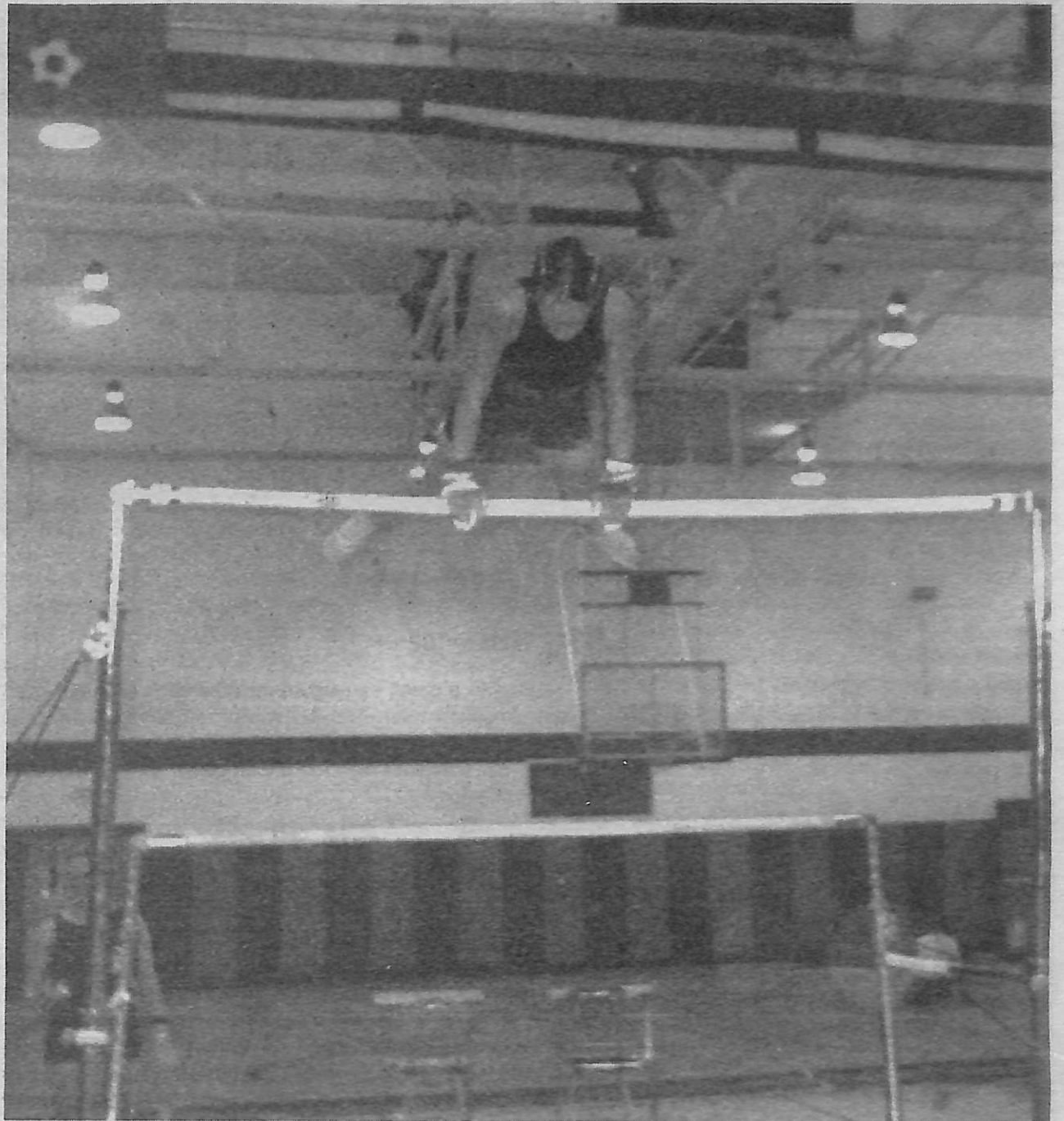
The team has gone for a 14-0 for their season record so far with only a couple meets left. The team is in first for the regular season and have high hopes for the up coming Western Mass Championships. Senior captain Liz Clark said, "In Western Mass we're the team to beat. If we keep doing what we're doing then we have a great chance of winning."

Captains Liz Clark and Dolores Cuccovia are now preparing for the Western Mass Championships. They will be competing with their team on November 17th against the other six top teams. After their last successful meet on October 30th all their spirits are high for the future.

It was at Kibbe Gym that they defeated Hampshire and Amherst to rise to the top of their league. Sophomore Andrea Babbini in top spots for bars, beam, vault, and floor with the help of senior Liz Clark who took third on bars. The entire team has shown so much improvement through the season it was amazing and thrilling to see any of their meets.

If you were unable to make the meets you missed an amazing time. Every meet was just as thrilling as the last. After two more meets it was on to the Championships. The whole team was ready and very excited for the chance to be the number one team.

No matter what, this season will always be remembered. The team was extremely strong and there will be many returning athletes that will dominate next years season. Nice job this year and good luck to all those planning for next years team.



Way to go, 16-0! Photo by Rachel Caruso '02.

Soccer shoots for a better season next year

by Nick Vooy's '02

Both the men's and girl's soccer teams ended depressing seasons with strong points and a message to the rest of Western Mass that they aren't as bad as their records show.

The girl's soccer team finished their season at a frustrating 1-13-3 after they finished their season with a loss in Holyoke. Even though the Brownies came up short in the end, improvement over the season was clearly evident. Earlier in the year the Knights came into Harmon A. Smith Field and beat the Brownies 4-0. This time it wasn't going to be as easy for the Knights as Holyoke escaped with a 2-1 victory. The Brownies were led in that game by some great saves from senior goalie Laura Bucalo.

However it isn't this game which raises eyebrows to the Agawam faithful, it was their game which was played four days earlier against the Amherst Hurricanes who were playing for a high rank in the Division 1 Tournament. Amherst had set this game an easy win, but the Brownies sent them a message loud and clear to never overlook the Brownies regardless of record. The Brownies held Amherst to a 0-0 tie in what was a memorable last game at Harmon A. for seniors.

The Brownies will lose some great seniors, all of whom played great in this game and all will be remembered. Whether it was Amanda Merola and Becca Nacewicz on defense, Amy Jenson and Jill Gendron controlling the ball, or the strong play of Courtney Adamczyk, Jen Leupo or Becky Crum the seniors gave it their all in this great contest. Not to be over-



The girls' soccer team charges up the field. Photo by Rachel Caruso '02.

looked was Bucalo's strong play in goal, which remained a consistent strength for the Brownies throughout the season. The seniors weren't the only fine student athletes to finish strong at Agawam as many other players have played their hearts out for the girls' team this year such as sweeper Amanda Blair, Desiree Marsilli, Jenna Shea, Kaitlin Sardella, and even Laura Pedersen who has made a fine addition to the girls' team.

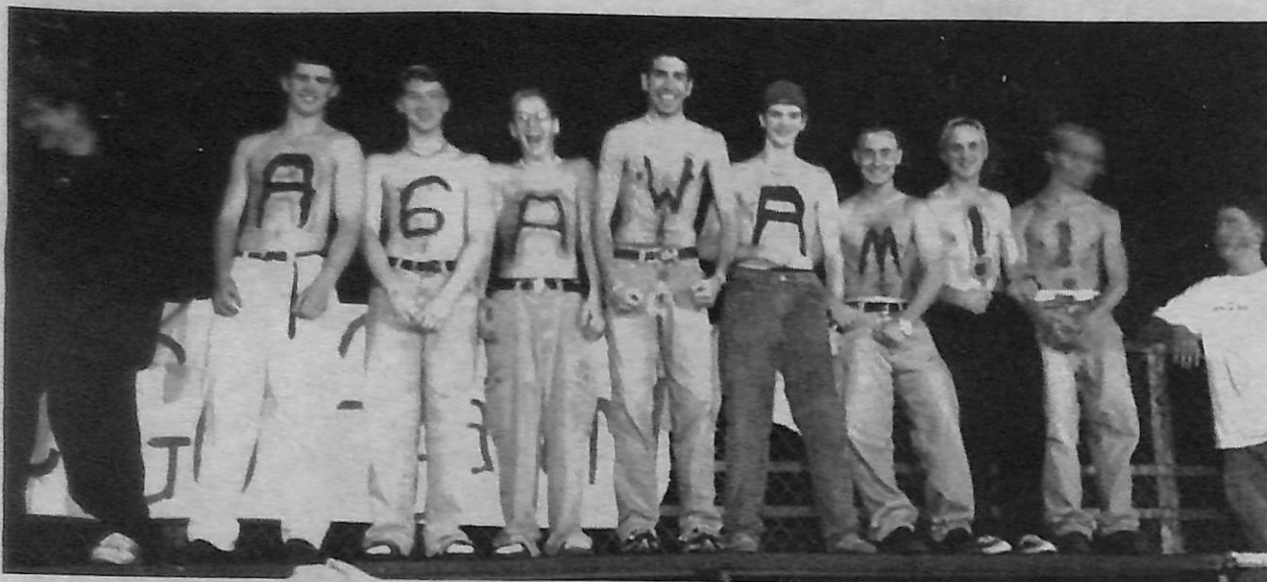
On the boys' side of the ball, they have been met by the same disappointing as the girls'. The boys' team finished slightly ahead of the girls' team however and the Brownies kept the virtue of never giving up strong through the season.

Throughout the season the Brownies have been anchored by the exceptional play of senior goalie John DeCaro. The Boys' team is filled with a vast array of talent, which has helped them through some of the tougher games whether they are wins or losses. The strong midfield of Mike Ruscio, Mike McGeoghan and Eric Serna have provided strong defensive plays as well as offensive. Also on occasion as John Decaro moves up to forward to make an offensive threat, Evan Machos has done a good job in filling the goalie position. Also Mike Carmody, Matt Ligenza, and Mike Crough have made some key plays at key moments during games.

In the final game of the season the Brownies faced off against Chicopee Comp. The Brownies took advantage of this game from the start and never trailed. Eventually the game was called due to the poor sportsmanship of the Comp faithful. It didn't matter though as the Brownies already have a commanding lead.

As junior John Lynch looked back at the season he remarked, "We tried our best and we are all looking forward to next year." The seniors on the team will be sorely missed for both boys' and girls' teams. Both teams are looking to only get better in the years to come.

The staff of the MIRROR encourages everyone to support the AHS football team when the Brownies face the West Springfield High School Terriers for the annual match-up on Thanksgiving Day...



"What's that spell?" These dedicated boys cheer on the field hockey team as they take on West Side. Photo provided by Danielle Bachini '01.

Field hockey "drives" West Side to a tie

by Kerri Merriam '03

Will the girls' field hockey team soon become Co-Ed? I don't think so because they are doing just fine on their own. The start of the season was shaky with two wins and then a few losses, but the girls have improved from start to finish.

Captains Corinne Butova, Danielle Bachini and Sara Gregory will be greatly missed for their skills and support. But strong players like Erin Jackson and Katie Dubay will step up next year along with Alyson Nowell. Sophomore Shannon Mcdyer who suffered some injuries earlier in the season should be ready for action next year.

The most intense game for the girls was probably against their rivals West Side. Hoping to shutdown the terriers, the girls were ready to win. Alyssa Goodrow played an awesome game in goal with 20 saves, while Erin Jackson and Corinne Butova protected her on defense.

With a final score of 0-0, Agawam played with determination and great defense.

The girls' team definitely has skills and confidence to step up next year and the seniors will be greatly missed.

Football loses rising talent for season

by Nick Vooy's '02

In the fourth game of the season the football team faced off against AA conference opponent Amherst. The Brownies found themselves down but the team didn't know they were about to be with another tough obstacle to overcome.

In goal line situation Junior Defensive Tackle Curtis Miarecki's tibia (leg) was broken and his ankle was dislocated taking him out of action for the remainder of the season.

The next day Miarecki required surgery on his ankle, the procedure proved successful and Miarecki is onto the healing process. As this article is published, Miarecki will have the cast off and have an air cast on. The Mirror caught up with Curtis Miarecki to learn more on the student athlete.

Miarecki's football career began while he was in the 7th grade and he played under coach Kirk Parker. Ever since then, Curtis has looked up to Coach Parker in aspects of life. Since then Curtis has grown in skill and size as he's now 6'2" and weighs in at 225 pounds.

But not only is he big but his speed is his most valuable asset once on the field as he clocked in at 5.3 for his 40 yard dash time. Not bad for a man his size, and opposing offenses were vexed by his speed on a continual basis throughout the games. Even in his final

game, which was against Amherst Curtis went down fighting as he was already having a great game as earlier he caused a fumble which was recovered by the Brownies.

Curtis's greatest achievement thus far in his high school career according to him was making varsity as only a sophomore and in his freshman year being brought up to varsity.

He looks up to all of this year's captains on the team, Nick Beaudette, Ryan Malanson, Frank Ferrentino, Tony Liquori, and Isidro Aguinaga.

However, most of all, he looks up to as mentioned before Coach Parker and new Agawam coach, Tad Desautels. Curtis is always inspired by the confident manner coach Desautels enters with each game.

When asked about the season the Brownie's were currently having Curtis had this to say, "Our record doesn't indicate how good the team really is, We have a great offensive line and defensive, great backs we are an all around good team, the AA conference is full of other great teams, and we just haven't come out on top yet."

In the spring Curtis will be on the track team and after high school he plans on attending a college to become a teacher and play football.

"Powderpuff" game adds excitement to pep rally

by Tiffany Blackman '01

Everyone clear your schedules on November 21st at 2:00!

For the first time ever, Agawam High is hosting a powderpuff football game. It will take place right after school, while everyone is still filled with school spirit after our pep rally.

It consists of the senior girls versus the junior girls with the football players as coaches and cheerleaders. Ryan Malanson, Frank Ferrentino, and Seege Aguinaga will be the coaches for the senior girls. Ryan Sullivan, Josh Spinner, and Dan Neary will be heading the junior girls. Coach Des will be the referee of this game.

Many schools in this area have taken this idea of girls playing football against each other and it has

been very successful.

The senior junior and class advisors, Mrs. Mouneimneh and Mr. Trahan of the senior class and Mrs. Miller of the junior class are hopeful that this football game will be as successful in Agawam.

This is going to be a very competitive game. After the seniors win the school song contest, the whole senior class will be fired up to watch their girls kick some butt in the football game.

Everyone needs to come and support both classes in this exciting fundraiser. The whole school is urged to attend because it is going to be a day full of school spirit and good entertainment. If nothing else the guy cheerleaders will be a site to see. GO SENIORS!!!

Football to keep West Side out of Super Bowl

by Desiree Marsili '02

Thanksgiving has rolled around on us again, and with that the famous Agawam vs. Westside game has also approached us. Although both teams have had a rough season, and Westside having better luck in the wins category, none of this is relevant to whom the champions of this game will be. The overall records do not matter in this game, both teams go into this game with more than the desire to win, sure all teams should go into every game with this approach, but for these two its different, this game means more than just a check in the win box.

Agawam and Westside have been battling back and forth for longer than I can remember. Along with the brutal football game comes a long drawn out rivalry between both towns. Everyone can remember last year and the treacherous actions that were brought about between both towns. The rivalry did not start to calm down until a threat of cancellation was brought to mind about the Thanksgiving Day game, which for most people, makes their holiday. Police also started to get involved last year, due to certain people getting physically hurt, and sent to hospitals.

This year is a lot better than the past years have been. Nothing has started between the two towns besides a little incident this past week. Recently on October 30th, which is considered "Cabbage Night" to most the teenagers in town, Westside High was egged, and out of total assumption and spectral evidence from the past, Agawam students were blamed for this.

As for the football game, this game means more to both teams then the season does in general. Granted, yes, both teams' goals for the year were to make it to the Super bowl, and have the best season, but this game means more then any win against any team. This is probably one of the biggest games of the year for both towns, and due to the great rivalry, this is the only way to prove what town is better, and of course, to gain bragging rights. Although over the years it has been Agawam coming out on top with a win, it looks as though this year is going to be a toss up.

Coach Des is not too worried about this game, yet they still have Minnechaug this week to worry about, but he was more than welcome to comment on this game. Coach has explained to me that it is not going to be difficult for him to get his team pumped up for this game, due to the huge rivalry, the guys are already excited and ready to battle it out with the Terriers come this Thanksgiving Day. This game is West Side's chance to make it into the Super bowl, and knowing this the Brownies are just more greedy for a win, to knock the Terriers out of their spot.

Brownie Bites

by Tiffany Blackman '01

- * AGVS - Jill...did you find the owl?
- * Cheerleaders - Word to your mom... Detroit what!
- * Football - TFL 0-7??
- * AVBS - M M M Mr. Mr. Conte... I I I I I do don don't understand...? Wha Wha why'd the game get changed?
- * Field Hockey - So...Coach Warner, what is your most embarrassing moment?

*Have a great
Thanksgiving vacation!!!*



And they're off! Photo by Rachel Caruso '02.

Behind the line...

Cross country

by Kerri Merriam '03

Run, run, run. The things you think of when you hear cross country. Who would ever want to do a sport that consists of running 3 or more miles a day? Obviously a lot of people wouldn't if they didn't know a thing about it.

I sat down to talk to CO-captain Rachel Caruso, about her team. She told me that they can run up to six miles a day during practice. Which you can imagine the injuries some people have to endure. After talking to Sophomore Jodie Pfau who has been sidelined for 3 weeks with shin splints I can completely understand her frustration. Watching on the sidelines she has seen her team improve, "It's extremely hard to watch your team improve without you. But I'm proud of them. We have 3 more wins over last season and I know we'll only get better" says Jodie. The boys and girls teams have pulled through, though. Sophomore Jessica Hudson can be added to the list of record-breakers on the team. Hopefully Steve Atkinson and Mike Defilipi will continue to break their own records and raise the standards for both teams.

Cross country is definitely an underrated sport. After learning about this sport my opinion has changed. Competition, stamina and endurance are the things you should think of when you hear cross country.

"Tiff's Turf"

by Tiffany Blackman '01

I hope all of you readers enjoyed the first edition of the Sports Section! What is to come will only be bigger and better. And that is a promise! We feel as though we have covered what all you sports fans out there want to know and read about.

The World Series sure was a heated one especially in game two. Leave it to Roger Clemens to start the animosity that he did in that game. There was absolutely no need for him to throw Piazza's broken bat right back at Piazza. It's not like Piazza meant to break the bat when he hit the ball and have it land near Clemens. If that had been a regular season game, the umpires would have kicked him out of the game quicker than you could have said BANG!

I would like to commend all of our fall sports teams on their seasons. Though this was not our most successful sports season in Agawam history, it was still a good season. Many individuals accomplished goals and broke records. Hopefully next year the numbers in the win column will increase a bit.

Now onto the next season! There are a few changes in the winter program that we will be updating you on in the next issue as far as new coaches are concerned and who will be the teams you won't want to miss. As always we will be featuring a senior captain and doing a profile on them. Keep on reading and enjoy!

Getting personal with Ryan Malanson

by Desiree Marsili '02

Ryan Malanson, a senior at Agawam High, has helped the Brownies push through many nail-biting seasons. When talking to Ryan about his school and athletic career, he explained many things to me, some more interesting than others, but all worthwhile.

Ryan has been playing football for the Brownies since his sophomore year. Although he informed me that if he could change something, he would go back and start much younger, and not start when he was a sophomore. Ryan is Left Guard for the Agawam Brownies, and as the Coach informed me, was a "strong and positive point on defense". "Malanson is a great leader, he stepped up as a player and leader this year. He really proved to himself and the coaches, that he can go over physical capacity when mind and heart are put into it" Says Coach Des, when I asked what his thoughts were on Ryan Malanson as a person.

After Ryan is done battling it out on the football field, he likes to relax and take the winter months off. To pass time through the winter, he works with his dad at a construction company. Malanson also likes to hang out with his friends and "chill on the weekends" as he likes to put it. His most favorite thing to do is, enjoy a delicious pizza from Nicky's. The only thing that could bring tears to this 220 Lbs. baby, are spiders and scary movies. "ITS TRUE! Any thing with 8 legs should be killed!!!" Ryan noted after I asked what his fears were.

During the spring, Malanson likes to participate in

Volleyball continues to improve

by Nick Vooys '02

Since the volleyball team formed it seemed that each year they were going to get better and this year they showed improvement despite several small obstacles that they would have to overcome.

With a little more than half the season over, some new faces on the varsity team came up from JV to help the cause. One of which, Brittany Theriaque, helped the Brownies in many key situations to keep some games going.

Throughout the season however one thing evident on the volleyball team was the strong play of senior Lindsey Jeserski and Erin Corbin who on a continual basis kept the Brownies within striking distance. Also Kristina Midura came up big in several clutch situations; whether it was her serve or a powerful dig.

The volleyball team, like many other teams at Agawam this year have showed great determination and pride in Orange and Brown. Several spectators admit that throughout the season the teams' chemistry was always a strong point for the girls and look for improvement in the years to come. On a side note, the JV squad played strong through the entirety of the year and when called upon, any one of the players on the team could have stepped into a varsity game to try and make a difference.

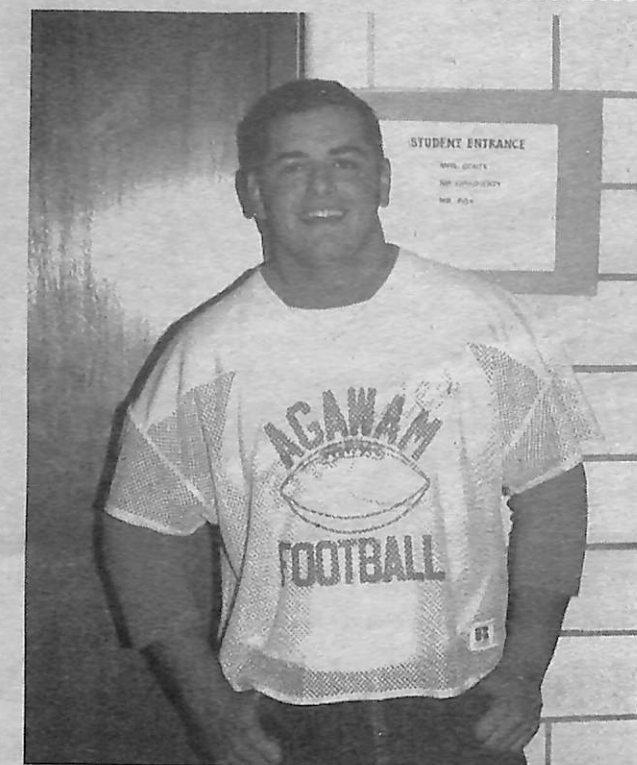
The golf team putts to Western Mass. and State finals

by Kerri Merriam '03

This year the AHS golf team was coming back from a great season. After making it to Western Mass, the boys wanted to continue to the Waverly Oaks golf course in Plymouth for state competition.

The boys placed third in the WMASS Division 1 golf tournament with South Hadley taking second and East Longmeadow, first. Agawam took third after a tie breaking shot against Cathedral.

With the team having a home advantage at Crestview Country Club the brownies shot a total score of 328 just five strokes behind South Hadley.



"I am that damn good!!!" Photo by Rachel Caruso '02.

track. Ryan throws the Shot put, which his average throw is 40 ft., which happened to get him into the Western Mass tournament at the end of the season last year. Malanson also throws the discuss, which his average throw is about 120 ft. Malanson's goal for this track season, is to beat his personal best in throws, and make it to Western Mass again.

Ryan informed me that his most memorable moment in High School, was to be named captain as a junior in both Track and Field and in Football. His favorite teacher is Coach Des, in Physical education class. Ryan's last statement to me, which sums up his whole High school career was, and I quote..."I am that damn good!!!"



Lissa watches the ball with determination. Photo by Lisa Niedziela '01.

Junior Bill Menard placed fourth with a score of 78 in individuals. Not far behind him was A.J Oleksak with a score of 80. The team has strong representation in these individuals.

At the Waverly Oaks golf course the golf team placed tenth out of 14 teams with a score of 342, Andy Green led the team with a score of 84 followed by Bill Menard, 86 A.J and Oselak, 86.

Even though these scores were out of the top 20 Agawam ended with a winning season and they hope to stay strong next year.